

Highly Restrictive Diets (AK 41-USDA 403)

Explain to Participant	You're enrolled in the WIC program today because you told us that you are on a very restricted diet. Very restrictive diets are very low in calories and/or nutrients that can lead to high-risk eating patterns.	
Goal	The goal is to help you make the decision to eat enough calories and foods following the Food Guide Pyramid recommendations.	
Suggestions for Reducing Risk	Follow the recommendations of your health care provider. Eat a variety of foods from all the food groups every day. Choose fruits, vegetables, whole grains and low fat dairy foods. Ask your health care provider about exercise. Drink 8 glasses of water every day	
Nutrition Education Material Suggested	Daily Food Guide	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	Blue Ribbon Babies-Eating Well During Pregnancy	